# Registration Selection

To assist in planning, please check the time and date you plan to attend.

□Session 1: Monday, March 20, 2006; 10 a.m. – 12 noon
□Session 2: Monday, March 20, 2006; 1 p.m. – 3 p.m.
□Session 3: Wednesday, April 5, 2006; 10 a.m. – 12 noon
□Session 4: Wednesday, April 5, 2006; 1 p.m. – 3 p.m.
Name
Department
Title
Email
Telephone (extension)

(Include one name per registration. Please complete registration forms for each additional attendee.)

Please note this program is offered free of charge.

Please RSVP by March 28, 2006 to:

WWNJ - NJDOP PO Box 319

Trenton, NJ 08625-0319

By email: Carrie.Wynder@dop.state.nj.us By Fax: (609) 943-4849 By telephone: (609) 292-8217

# Working Well New Jersey





# NJ State Employee Smoking Cessation Campaign

A "Train-the-Trainer" Workshop for New Jersey's Public Employers

# March 20, 2006 & April 5, 2006

NJ Training and Conference Center 200 Woolverton Street Trenton, NJ 08611

### **Presenters:**

Rob Eccles, MBA, MHP
NJ State Director, Worksite Tobacco Initiative, American Cancer Society

Ed Kazimir, Ph.D., MBA
Tobacco Dependency Treatment, Department of Health & Senior Services

Marc Steinberg, Ph.D.
Director, Trenton Area Smoking Quitcenter







# Working Well New Jersey: NJ State Employee Smoking Cessation Campaign

## A TRAIN-THE-TRAINER WORKSHOP FOR NEW JERSEY'S PUBLIC EMPLOYERS

### **Purpose:**

WWNJ is launching the NJ State Employee Smoking Cessation Campaign to provide public employers with tools and strategies to help their employees quit smoking. Agencies will be able to tap into the vast and often free resources, information and counseling services available in New Jersey.

#### Who should attend?

"Train-the-Trainer" Workshop participants will include the *WWNJ* Executive Committee members and other Department-designated representatives. Upon completion of the workshop, attendees will function as their Department's Smoking Cessation Coordinators in partnership with *WWNJ*.

### **Workshop Presenters:**

Dr. Ed Kazimir, NJ Department of Health and Senior Services, will provide an overview of New Jersey's *Quitnet*, *Quitline* and the utilization of the *NJQuit2Win.com* website.

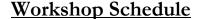
Rob Eccles, American Cancer Society, will provide tools and guidance on developing smoking cessation programs within individual Departments.

Dr. Marc Steinberg, Director, Trenton Area Smoking Quitcenter, will discuss treatment options, the benefits of individual and group counseling, and how to help others quit smoking.

### **Workshop Benefits:**

- Support for employees to quit smoking;
- Smoking cessation and workplace strategies;
- Smoking cessation support options and resources;
- Motivating employees and management;
- ❖Promoting quitter's peer support groups;
- ❖Promoting a smoke-free New Jersey.





NJ Training and Conference Center 200 Woolverton Street Trenton, NJ 08611 Room 101

> Monday, March 20, 2006 Session 1 10:00 a.m. – 12:00 noon

Session 2 1:00 p.m. – 3:00 p.m.

Wednesday, April 5, 2006 Session 3 10:00 a.m. – 12:00 noon

Session 4 1:00 p.m. – 3:00 p.m.

Each Session will be followed by a 15 minute Question & Answer Forum

For Directions to the NJ Training and Conference Center visit: www.njtrainer.com

For more information visit: www.state.nj.us/personnel/wellness

For more information visit on smoking cessation visit:

NJQuit2Win.com

